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AMERICA'S TEST KITCHEN REINVENTS FAVORITE RECIPES FOR THE PALEO KITCHEN

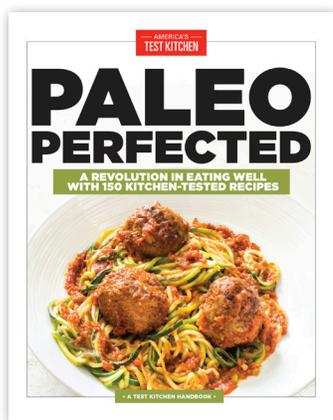
For the ever-increasing number of people exploring the paleo diet's back-to-basics way of eating—lots of protein and vegetables and no grains, sugar, dairy, or processed foods—being able to cook creative, flavorful meals at home is more and more important. But it isn't easy. With so many staple ingredients off the table (like vegetable oil, butter, flour, and even potatoes), it can be tricky to make great-tasting meals that stick to the paleo program.

This is the kind of challenge that America's Test Kitchen—the home cook's essential resource for recipes that work—loves to solve. *Paleo Perfected: A Revolution in Eating Well with 150 Kitchen-Tested Recipes* is our new foolproof guide to this very popular diet.

Paleo Perfected begins with a comprehensive resource section that includes a buying guide for produce, meat, and seafood; essentials for your pantry; information on baking with alternative flours; and an overview of spiralizing vegetables. Since many of the store-bought items we rely on every day are not paleo-friendly, we teach you how to create homemade versions of broth, mayonnaise, ketchup, mustard, sandwich rolls, pie dough, and more that not only adhere to paleo standards but also taste far better than anything you could buy. Chapters are devoted to appetizers, breakfast favorites, poultry, meat, seafood, and vegetable dishes. And since meat is an important part of the paleo diet, we look beyond the standard beef, pork, and chicken and feature proteins like duck, bison, lamb, and venison. Nutritional information is included for every recipe.

The test kitchen offers inventive techniques and provides new ways to think about ingredients, like using pureed vegetables (in place of flour) as a thickener for gravies, sauces, and stews; creating pan sauces by deglazing the pan with broth or tomato paste (instead of wine) and then thickening with arrowroot flour (instead of butter); and including cashew cheese (in place of starch and dairy) to keep meatballs moist and tender.

Following the paleo diet requires you to rethink your cooking methods and overhaul your pantry. With *Paleo Perfected*, America's Test Kitchen helps readers not only understand paleo, but succeed at it as well.



**PALEO PERFECTED:
A REVOLUTION IN EATING
WELL WITH 150 KITCHEN-
TESTED RECIPES**

Publication Date:

January 2016

- 344 pages, paperback
- Four-color throughout
- \$26.95 US / \$34.95 CAN

ISBN 978-1-940352-42-8

Paleo Perfected features 150 recipes, including:

Zucchini “Spaghetti” and Meatballs

We made a hearty sauce by pureeing fresh tomatoes in a food processor. We discovered that a paste made from boiled and pureed cashews was a perfect replacement for a panade (a mixture of bread and milk) in the meatballs, helping to bind them and keep them moist and tender. To replace spaghetti, we tested a variety of vegetables and decided on spiralized zucchini for its ability to be twirled around a fork like real spaghetti. Roasting the noodles rid them of excess moisture and ensured that our sauce didn't become watered down.

Ultimate Beef Stew

We started with a chuck-eye roast, browning half the meat to create flavorful fond for our gravy. We avoided store-bought broth by making a stock as part of the recipe. We made the base of our stock by cooking down beef bones, which gave our gravy a luxurious texture and meaty flavor, and we added tomato paste and porcini and cremini mushrooms for rounded savory flavor. To thicken our stew and create a hearty gravy, we made the most of our beef bones by mashing the soft, cooked marrow with some of the cooked carrots and celery root (a great substitute for more traditional potatoes).

Roast Chicken with Mushroom Pan Sauce

We rethought the traditional pan sauce method from the ground up. We created a rounder, more balanced profile for our pan sauce by using earthy mushrooms as the base ingredient. Shallots, garlic, thyme, and tomato paste provided an aromatic backbone for the sauce. Deglazing the pan with chicken broth melded all the flavors, and a little arrowroot flour thickened the sauce perfectly.

Paleo Wraps

For soft, pliable, and tasty paleo wraps that work for sandwiches, tacos, and more, we started by combining almond flour, tapioca flour, and coconut flour with water, eggs, and olive oil. This created a pourable batter that we could cook in a pan. By mixing the ingredients by hand, we were able to minimize air bubbles and avoid leaky wraps. To reheat wraps quickly, we found it best to use the microwave.

Blueberry Muffins

For light and fluffy paleo muffins, our first task was finding the right flours and starches to replace wheat flour. We started with almond flour for bulk and found that adding coconut flour helped absorb the moisture that the almond flour couldn't. Arrowroot flour lightened the texture of the muffins, and we learned that it was essential to let the batter rest for 30 minutes to allow the arrowroot starch to fully hydrate. Although traditional muffins need to be mixed gently, using a stand mixer to beat air into the batter turned out to be the best way to achieve muffins with domed tops.

MEDIA REQUESTS

The editors of *Cook's Illustrated* and *Cook's Country* are available for interviews upon request. For more information or for television, radio, or print interview requests, contact:

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About America's Test Kitchen

America's Test Kitchen is a 2,500-square-foot kitchen located just outside Boston. It is the home of *Cook's Illustrated* and *Cook's Country* magazines and is the workday destination of more than four dozen test cooks, editors, and cookware specialists. Our mission is to test recipes until we understand how and why they work and until we arrive at the best version. We also test kitchen equipment and supermarket ingredients in search of products that offer the best value and performance. You can watch us work by tuning in to our public television shows, *America's Test Kitchen* and *Cook's Country from America's Test Kitchen*.

For thousands of recipes and updated equipment ratings and taste tests, visit:
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For broadcast times, recipes, and full-episode videos from our public television shows, *America's Test Kitchen* and *Cook's Country from America's Test Kitchen*, visit:
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Curious to see what goes on behind the scenes at America's Test Kitchen? Our website, AmericasTestKitchenFeed.com, features kitchen snapshots, exclusive recipes, video tips, and much more.

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